

















# Cooking with Toddlers

-  Wash fruits and vegetables
-  Stir
-  Knead dough
-  Sprinkle flour or cake decorations
-  Mash with a fork or potato masher
-  Smash graham crackers for crust
-  Squeeze lemons
-  Put silverware away in correct spot
-  Use salad spinner

-  Pick leaves off of fresh herbs and stems
-  Add items to a recipe (e.g. chopped carrots or tofu)
-  Smell foods, herbs, and spices you're using
-  Help find ingredients in fridge or cabinets
-  Put paper cups in muffin tin